

SPROUTED FLAX POWDER PROFILE (COSC Inc.)

	in 100 g	in 10 g
Volumetric Weight (g/cm ³)	0.55	0.55
Moisture Content (%)	4.2	4.2
Protein (g)	20.4	2
Carbohydrates (g)	35.4	3.5
Calories	510	51
KJ	2130	213
Ash (g)	6.2	0.6
Fat (g)	33.8	3.4
Polyunsaturated Fatty Acids (g)	23.3	2.3
Monounsaturated Fatty Acids (g)	6.1	0.6
Saturated Fatty Acids (g)	2.9	0.3
Trans Fatty Acids (g)	0.1	0.1
Linolenic Acid (g)	4.9	0.5
Cholesterol (mg)	0	0
Total Sugars (g)	4.1	0.4
Fructose (g)	0.5	0.05
Glucose (g)	0.1	0.01
Sucrose (g)	3.1	0.3
Maltose (g)	0.4	0.04
Lactose (g)	0.4	0.04
Total Dietary Fibre (g)	20.2	2
Insoluble Dietary Fibre (g)	11.8	1.2
Soluble Dietary Fibre (g)	8.4	0.8
Phosphorous (mg)	580	58
Potassium (mg)	874	87.4
Sodium (mg)	50.3	5
Calcium (mg)	223	22.3
Iron (mg)	6.73	0.7
Vitamin A (Retinol) (RE)	3	0.3
Vitamin B ₁ (Thiamine) (mg)	0.44	0.04
Vitamin B ₂ (Riboflavin) (mg)	0.39	0.04
Vitamin B ₃ (Niacin) (mg)	3.79	0.4
Vitamin B ₅ (Pantothenic Acid) (mg)	0.63	0.06
Vitamin B ₆ (Pyridoxine) (mg)	0.784	0.08
Vitamin B ₁₂ (Cobalamin) (mcg)	0.12	0.012
Vitamin C (Ascorbic Acid) (mg)	23.7	2.4
Vitamin D (IU)	20	2
Vitamin E (Tocopherol) (mg)	4.69	0.5
Vitamin K (α -Tocopherol) (mcg)	5	0.5
Choline (mg)	88.2	8.8
Beta-Carotene (mcg)	18.8	1.9
Biotin (mcg)	33	3.3
Folic Acid (mg)	0.4	0.04
Lignans (g)	1.26	0.1
Peroxide Value (%)	0.05	0.05
Alanine (g)	1.13	0.1
Arginine (g)	2.04	0.2
Asparagine (g)	2.08	0.2

FIGURE 3

Amino Acid Profile of Flaxseed and Sprouted Flax Powder

g/100g protein

	Flaxseed (Brown)	Flaxseed Dry Weight	Sprouted Flax	Flax Powder Dry Weig
Alanine	4.4	4.66	5.65	5.
Arginine	9.2	9.75	10.2	10.
Asparagine	9.3	9.86	10.4	10.
Cystine	1.1	1.17	1.75	1.
Glutamine	19.6	20.77	20.9	21.
Glycerine	5.8	6.15	5.95	6.
Histidine	2.2	2.33	2.6	.
Isoleucine	4	4.24	4.8	4.
Leucine	5.8	6.15	6.6	6.
Lysine	4	4.24	4.6	4
Methionine	1.5	1.59	1.9	1
Phenylalanine	4.6	4.88	5.25	5
Proline	3.5	3.71	4.9	.
Serine	4.5	4.77	5.6	5
Threonine	3.6	3.82	4.05	4
Tryptophan	1.8	1.59	1.3	1
Tyrosine	2.3	2.44	2.7	2
Valine	4.6	4.88	5.7	5

FIG. 5